打破和谐感的81种方法 - Adam Lyons

来源：http://www.pua1024.com/0/90/

介绍

Introduction

介绍

This guide to breaking rapport was inspired and compiled by an assistant instructor of mine, Psych. When preparing for a bootcamp we realized that while most men understand the concept of what breaking rapport is, they find it

difficult to come up with their own ideas while in set. It can be challenging to come up with a silly game or type of banter during a spur of the moment scenario, and we found that the more ideas our students are armed with, the better.

这本打破和谐感指南令人兴奋，是由我的助手约会导师撰写的，Psych。 当为训练营地做准备的时候，我们认识到，虽然很多男人知道了打破和谐感的这个概念，但是他们发现很难把这在现实世界中运用（换句话说，就是他们不知道如何运用这个理论）。在现场，要即兴想出一个傻傻的游戏或一些戏弄取笑是有挑战性的，我们发现如果我们的学生准备的越多，他们发挥的越好。

We sat down one evening and broke down our rapport breaks into types and categories. Not all of them will be suitable for you. Some are easy, beginner level ones and some get very advanced and very

sexual. The point is to get a feel for the different kinds of rapport breaks and try to create your own versions. You will learn when and how to use the different kinds as you continue to interact with women.

一天晚上，我们坐下来，把我们所有打破舒适感的方法分门别类。并不是所有的都适合你。一些是容易的，初学者可以用，而一些是进阶的和带有性的。关键是对不同的打破舒适感的方法找到感觉，然后创造出你自己的版本。如果你持续地和女人交谈练习，就会找到什么时候和怎样用着这些方法的时机（也就是培养出社交直觉）

Breaking rapport is what is considered the spark of attraction. This is where she will begin to initiate kino, get flirty and invest into the interaction. It can be a lot of fun and should be used in a casual and joking manner. Go out there, experiment with it, try some that you see here and make up your own. And as always, if you come up with one of your own that isn't mentioned here and would like to let me know about it, send a message to adam@attractionexplained.com and we can add it to the next list.

打破舒适感被看作是吸引力的火花。这是她开始进挪，开始调情，开始在谈话中投资的时候。这是非常有趣的，而且应该以一种偶然和玩笑的态度运用。走出去，测试这个技巧，使用一些你在本书中看到的技巧，并创造出你自己的。当然了，如果如果你创造出一种在这里没有提到的方法，而且你愿意和我说， 那么可以发到我的邮箱 adam@attractionexplained.com 然后我们会把这个添加进来。

什么是和谐感?

What is Rapport?

什么是和谐感?

To understand rapport you must first understand comfort. The easiest definition is that comfort is rapport and trust. It is when two people have a connection and are able to relate to one another. In male to female interactions comfort is established when there is mutual trust and comfort between the two parties. That comfort can be made quickly or may be longer to take place. If we are introduced to someone by a good friend or family member, we will probably have comfort with them quickly because they are connected via a mutual friend. If we were to just meet someone on the street it might take longer to get comfort because there is no connection between the two of us.

想知道什么是和谐感，你必须先知道什么是舒适感。感最简单的定义就是舒适感=和谐感+信任。这是两个人相互之间有联系可以相互关联到对方。在男女关系中，舒适感在相互的信任和舒适中建立起来。舒适感可以很快的产生或者很长时间。如果我们是通过好朋友或家庭成员介绍认识对方的，我们可能很快就能和他们建立起舒适感，因为他们和我们是通过一个共同的朋友相识的。如果我们是在街上什么认识的，那么建立舒适感就需要花长一点的时间了，因为我们和他们之间还没有什么连接。

There are a number of techniques that are beneficial in building comfort. Matching your body language (i.e. posture, gestures and so forth), maintaining eye contact and smiling, and being able to generate and maintain good conversation are all ways to build comfort. Rapport is a relationship that you build with someone and it is based on mutual comfort.

建立舒适感的方法非常多。使你们的身体语言相配（也就是姿态、手势等等），眼神交流和微笑，还有有能力开启和维持一段好的对话都是建立舒适感的方法。和谐感就是你和某人建立一段基于相互拥有舒适感的关系。

为什么我们要打破和谐感?

Why We Break Rapport

为什么我们要打破和谐感?

Since comfort is trust and rapport, and rapport is when two people have a connection and are relating to one another, it sounds like this is the kind of behavior we would want to encourage. Why would we go about breaking it?

既然舒适感是信任和和谐感，那么和谐感就是两个人只有有连接，相互关联到对方，这听起来就像是一种我们应该鼓励的行为，为什么我们要打破它呢?

Well, the point is, we have already established that there is a comfortable connection with the girl, though she probably has these kind of interactions dozens of times a day. Comfortable interactions are what we have with our parents, family members and close friends. What we need to do is make you stand out from the crowd by making the situation slightly uncomfortable. We are looking for the one thing that will visibly show a different in our interactions with women. Breaking rapport is it.

额……问题是，虽然我们和女孩建立起了舒适的连接，但是他很可能在一天中有几十次这种交流。比如我们和我们的父母、家庭成员、

亲密的朋友，我们都有舒适的交谈。我们需要做的是让你做一件事情，让你在和女人的交流中脱颖而出。而打破和谐感就是这件事。

When you make the situation slight uncomfortable, her natural response will be to try and fix it. After all, women aren't likely to be used to being put in uncomfortable scenarios and will want to change this. She may start by laughing at the situation to diffuse it or try to defend herself. This involves her

becoming invested in the situation and that investment is used to generate attraction.

当你把处境弄成有一点点不舒适感，她的自然反应就是试着去修复它。毕竟，女人们都不喜欢处在不舒适的情境中而且想要改变这种不舒适的情境。她可能开始对这种情境发笑来消散它同时保护她自己。这会让她在这种处境下投资，而投资产生吸引力。

There was a study done in speed dating where they used three separate control groups of men. The first group of men did the round of speed dating and were friendly, pleasant and in agreement to everything the woman said. They always said yes, liked the same movies/music/food the women liked and

always agreed with what the women said.

在快速约会中有一项调查。他们把所有男人分为三组。

第一组男人表现的非常友好、愉快，对女人说的所有事情都表示同意。他们总是说是的，就像有共同喜爱的电影、音乐、食物，总之总是同意女人所说的。

The second group of men did the round of speed dating with the opposite goal of the first. They went in and were in disagreement of everything the women said. They said no a lot, did not agree with the others taste in music/movies/food, did a lot of teasing and generally disagreed with everything.

第二组男人呢，完全反对，他们对女人所说的所有事情都表示不同意。他们说了很多不，不认同他人对音乐、电影、美食的品位，对所有事情做了很多取笑和一般地不同意。

The third group of men did a mixture of the two. They agreed on some aspects, disagreed on others, did light teasing, yet still maintained the comfort.

第三组男人呢， 做了这两种的混合。他们同意女人所说的一些方面的东西，不同意另外一些方面的东西，也做了些轻微的取笑，不过仍然修复了舒适感。

As expected, the women had very strong feelings towards each of the men. The first group, the ones who agreed, were those who the women thought are the nice guys who they could be good friends with. They said they would set the nice guy up with their friend or sister, but they themselves would only just be friends.

就像所预想的那样，女人对各组男人都有非常强烈的感受。对第一组，那些什么都同意的，女人认为他们是好男人，可以做朋友。她们说她们会把好男人介绍给自己的朋友和姐妹，但是她们自己对好男人只是朋友关系而已。

The second group of guys, the ones who disagreed and teased, were those who the women thought were jerks. The women labeled these guys as the “player” type, said they did not have comfort with them, felt they didn’t have much in common and weren’t interested in continuing the interaction.

第二组男人，那些总是不赞同和取笑的，女人认为这些男人是混蛋。女人把这些男人归为玩家，说她们和他们在一起不舒服，觉得他们之间没有什么共同点，而且认为继续交谈下去也没意思。

The third group of guys, the ones who agreed and disagreed, was the group the women liked the most. The women thought they were the most interesting, were intrigued by them and wanted to learn more and felt that connection between them.

第三组男人，那些对一些同意对一些不同的，是女人最喜欢的男人。女人认为他们和有趣，被他们吊住了，而且想要知道更多希望和他们继续交谈。

Breaking rapport is what puts you in the same playing field as the third group of men. It keeps you from being stuck in the comfort zone

and sets apart your interaction from being just like any other guy.

打破和谐感就是让你成为那第三种男人。这会让你避免陷入友谊区，而且让你们之间的交流就像第三种男人那样。

When breaking rapport it is important to remember one thing; after any kind of break in rapport it is important for you to build some kind of comfort afterwards. This is how you refrain from being the second group of guys. You can do this by joining in with the laughter, say you're just kidding, or compliment her on handling your jokes so well. This serves to ensure that you don't end up in a negative situation with the girl and don't completely sever the rapport.

当你在打破和谐感的时候，你要记住一件事情：无论用怎样的一种方法打破和谐感后，你应该在后来建立起一些舒适感来，这是非常重要的。这是让你避免成为那第二组男人，也就是女人认为是混蛋的那组男人。你可以打破和谐感时加入大笑，说你只是开玩笑的，或者称赞她很有幽默感，领悟了你的幽默。这会确保你和女人不会在一种负面的处境下，而且不用完全再供给和谐感。

怎样打破和谐感?

How to Do It

怎样打破和谐感?

There are a number of different ways you can go about breaking rapport ranging from little games to outright disagreement. These are categorized and listed on the following pages.

有很多方法你可以用来打破和谐感，从小游戏到直接的不赞同都可以。这些方法在下面分类后列了出来。

Physical:

身体上

Playfully push her away.

玩笑式地推开她。

Turn your back to her.

背对着她。

Have your eyes wander away as if you become lost in thought.

让你的眼神流离，就好像你陷入了沉思一样。

Have her do something that makes her look silly without her realizing it until it's to late.

让她做一些可以让她看起来很傻逼的事情，同时不要让她知道，等她知道时已经太晚了（译者注：小时候我就会女生后背贴一些恶搞的纸条，上面写些邪恶的，比如“我晚上很寂寞……”，然后她走在路上的时候就会有很多人看她，哈哈……等她发现时，已经晚了）

Do something childish like point at her shirt and flick her nose when she looks down.

做一些小孩子似的事情，比如指着她的衬衫，当她感到奇怪朝下看时弹她的鼻子。

Pick her up off the ground

把她从地上抱起来。

While dancing with her stop and dance alone for a second and then pull her back in.

当你和她一起跳舞的时候，一个人跳一会儿，然后把她拉过来再一起跳。

Remove your presence.

离开。

Playfully kick, punch, or flick her.

玩笑式的踢她、揍她、拍她。

Dog Jaw Routine: Tell her you have “dog jaw” and to feel your jaw because it clicks. When she touches you snap your head and bark loudly, scaring her

狗下巴惯例：告诉她你有“狗下巴”，然后让她感觉一下你的下巴因为这会咯咯响。当她触碰你的瞬间你大声叫，吓死她。

Stop speaking and just stare at her for a second.

停止说话，盯着她看一会儿。

Touch her with something cold.

用一些冷的东西碰她。

Play thumb war.

玩拇指战争游戏。

Tell her you want to show her a cool pose. Step by step have her put one hand on her waist, the other hand as if holding a tray to the side, and stand on one foot. Then say, “Now say ‘I'm a little teapot.’”

告诉她你想要给她展示一个酷酷的姿势。一步一步让她把一只手放在她的腰上，另一只手好像在一边托着一只托盘，然后一只脚站着。然后对她说“现在，说‘我是一只小茶壶’”

If she yawns put your finger in her mouth.

如果她打哈欠，把你的手指放进她的嘴里。

Teasing:

取笑

Give her a stupid nickname, i.e. blondie, shorty, sparkles, etc.

给她取个傻逼的昵称，比如金毛，矮个子，火花等等。

Loudly say, "No, I will not make out with you."

大声说“不，我才不和你调情呢。”

Notice and mention something dorky or embarrassing about her.

注意到那些她犯傻和尴尬的时刻。

Act like you’re trying to hide or keep a low profile while walking with her. When she asks you why say, "Sorry, I have a reputation to keep."

和她一起走路的时候装作试着去躲藏或者保持低调。当她问你为什么时，你说“对不起，我要保住我的名声”

Find something funny or nerdy to label her as or continually point out.

找出一些有趣的或者傻逼的东西来给她贴上标签，或持续地指出来。（译者注：这个小时候也常玩，比如她作业字写的很差，老师批评她，我就会学着老师的样子“你怎么搞的，字怎么写的那么差……”o(∩_∩)o 哈哈）

Introduce her in a funny way. "This is SamanthaI can't get rid of her for some reason."

用有趣的方式介绍她“这位是萨曼莎（女子名）……因为一些特殊的原因我始终甩不掉她。”

Tell her if she doesn't start behaving you'll put her on timeout.

告诉她，如果她还不开始表现的话就算她超时了

Mimic her in a funny way

用有趣的方式模仿她

Call her a dork, loser or nerd.

叫她笨蛋、输家、呆子

Tell her she is "over the hill" if she's young.

如果她还年轻的话，告诉她“你已经衰老了”

If she whines or complains about something just look at her with a sad face and play a mini violin or make a tear gesture with your finger.

如果她对某些事发牢骚或抱怨，就用悲伤的表情看着她，弹一首小小的钢琴曲或有你的手指做一个擦眼泪的手势。

Verbal:

口头上

Ask her which sentence is correct, “The yolk of the egg is white,” or “The yolk of the egg are white.” When she answers explain that the yolk of the egg is yellow.

问她哪句话是对的“鸡蛋黄is白色的”还是“鸡蛋黄are白色的”。当她

回答后告诉她“鸡蛋黄是黄色的”

If she says you’re stupid/ugly/dorky/gay, whateversay “Your FACE is [stupid/ugly/dorky/gay, etc.]”

如果她说你傻逼、难看、白痴、gay，无论什么……告诉她“你看起来傻逼、难看、白痴、gay等等”

If a girl teases you just look at her unimpressed and say, “weak.”

如果一个女人取笑你，你就看着她无所谓地说“弱爆了，没用的”

After you just teased a girl look at her and say “Annnnd, you're done.”

当你取笑完一个女孩子后，看着她，说“还……有，你死定了”

Disqualification:

失格

Saying you like physical attribute or character trait [X] when she has [Y]. Example, say you really like brunette brunette s when speaking to a blonde.

如果她的生理特征是Y，你就说你喜欢X。比如当你看到一个金发的时候，你就说你喜欢黑发

Tell her to get out of your "bubble” (personal space).

告诉她离你的“泡泡”（私人空间）远点

Say she would be a really cool friend.

告诉她，她会是你很好的很酷的朋友。

Tell her it sucks you had to meet her in a club/bar.

告诉她，不得不在俱乐部、酒吧见她让你感觉糟透了

Mention the word girlfriend.

提到这个词：女朋友。

Say she seems like a good girl and you don't want to corrupt her.

告诉她，她看起来像个好女孩，你实在不想带坏她。

Have her see you talk to another girl

让她看到你和其他女孩子在讲话。

If you have to do something with her say, " AwwwI'm stuck with you?"

如果你不得不和她一起做某些事，对她说“上帝啊……我和你陷在这里了”

Say, "OMG we'll NEVER get alongwe're just way too similar."

告诉她“天哪， 我们永远合不来……我们太像了”

Tell her you can help her find a nice guy

告诉她，你可以帮她找个好男人。

Tell her she is the kind of girl you can only handle in small doses.

告诉她，她是那种你只能偶尔见见的那种女孩子（背后的框架是：经常看见她，你受不了）

If you get blown out say, “Listen hun, you need to lower your standards the way I just did.”

如果你筋疲力尽了，告诉她“听者，你应该降低你的标准，而不是像我刚才做得那样”（背后的框架是，你认为她不如你，你都累了，她肯定不行的。）

Disagreement:

不赞同

Say “no.”

说“不”

After she says she likes something say that you don't (explain why).

当她说她喜欢某样东西后，你说你不喜欢（解释为什么）

After she says she dislikes something say that you do like it (explain why).

当她说她不喜欢某些东西时，你说你很喜欢（解释为什么）

Say, “I bet you can't dance” (or whatever activity is going on).

告诉她“我敢大肚你不会跳舞”（或者任何其他正在进行的活动）

Say, "I hope you're joking."

告诉她“我喜欢你是在开玩笑”

Have a friendly debate on something.

在某事上进行一次友好的争论。

After she says or does something that can be misinterpreted as awkward or silly say, "Wow" and make a face like she's weird.

当她说了一些可以被曲解或笨拙傻逼的事情后，做出一副她看起来像个怪人的表情，嘴上说“喔……”

Cancel a plan you made.

取消一次你们的计划。

Tell her she's "fired" if she does something poorly.

如果她某件事做得不好，告诉她“你被炒鱿鱼了”

Tell her she's being rude about something and correct her behavior in some way.

告诉她，她在某些事情上表现地粗鲁，然后用某些方法更正她的行为。

After she asks you to do something look at her blankly and ask why.

当她让你去做某事后，傻傻地看着她问为什么。

If she says something you don’t like just respond with, “You’re cut.”

如果她在讲一些你不喜欢的事情，你就回答“够了，够了”

Make your body language and tonality be in agreement but have your words be in disagreement. ex, Smile and nod your head in agreement but then casually say, “Yeah, that is awful.”

让你的身体语言和声调上赞同，但话语上不赞同。比如，微笑并且点头表示同意，然后偶然说“额，这个太糟糕了”

Non-Supplication:

不提供

If a girl tells you you're going to come to [X] place then say, "Well first we're going to [Y]."

如果女孩子告诉你们将去X地，那么告诉她“我们先去Y地”

If a girl asks you to buy her a drink say "Tell you what, you get this round and I'll get the next."

如果女孩让你给她买饮料，告诉她“我跟你说奥，呆在这儿，我呢，去找其他女孩子了”

If a girl asks you to buy her a drink say "I don't buy random girls drinks. How about we get to know each other a little and take it from

there."

如果女孩让你给她买饮料，告诉她“我不给随便什么女孩子买饮料的。让我们先来了解一下对方再说吧”

Interrupt her when she is speaking.

当她在说话的时候打断她。

Take a sip of her drink without asking.

不问她就喝一口她的饮料

Observe something negative and point it out, i.e. “You kind of mumble a lot.”

观察一下一些不好的东西，然后指出来，比如你说话太含糊了

Spontaneously decide to move her around the venue or isolate her.

自发地决定带她在现场走走或孤立她。

Check a text message during your interaction.

在你和她说话的时候看看短信。

Ask for some form of compliance, such as for her to hold your drink.

让她做一些服从测试，比如让她帮你拿饮料。

If she's not paying attention or dozes out point to your eyes and tell her to focus.

如果她没有给你注意力或打瞌睡了，指着你的眼睛告诉她专心。

Make a big deal about a simple compliance task she gives you and then wink and do it like it's no big deal.

把一个她让你做的很简单的服从任务搞的很大的一件事似的，然后眨眨眼告诉她没什么大不了的

If she's not complying say, “Come on, don't be gay.”

如果她没有顺从，就告诉她“嘿嘿，不要扭扭捏捏的”

If a girl says something not interesting or not helpful in then say “That's amazing!” then immediately change topic

如果女孩子说了些不有趣的或这没帮助的东西，就说“太神了”然后马上转换话题。

Sexual:

性方面的

Say, “OMG, stop undressing me with your eyes.”

告诉她“天哪，不要用你的眼神透视我”

When your arms are wrapped around her either from behind or front randomly bite or kiss her neck.

如果你的手臂搂着她无论是从后面还是前面随意地咬或亲吻她的脖子

“I don't even want to know what dirty thoughts are going through your mind right now.”

“我不想知道你现在脑子里在先想什么邪恶的东西。”

“You have really sexy eyes.”

你真的有一双性感的眼睛。

In a deep, sexy voice say, “You have no idea what you’re doing to me right now.”

用深沉、性感的声音说“你完全不知道你现在在对我做什么。”

Interrupt her with some form of sexual escalation like a kiss.

用性升级来打断她，比如接吻。

Use a strong kino jump, such as slapping her ass.

用一个强跳跃性的进挪，比如拍她的屁股。

Turning the topic of conversation to sex.

把话题转向性

Say, "You know, you smell REALLY good."

告诉她“你闻起来真的很不错。”

Drop game and being honest with your intent. For example, after an opener say, "OK, honestly, I just wanted to come and meet you because I really like your look."

放下游戏，对你的目的保持诚实。比如，在一个开场后说“好吧，老实说，我接近你认识你只是因为我真的喜欢你的长相而已。”

Say, "I can tell you like me." When she asks how you can tell slide a finger between her legs and say "Because you're wet." Then smirk while keeping a

sexual frame. ADVANCED!!!

告诉她“我知道你喜欢我”当她问你你是怎么知道的时，用手指滑过她的大腿说“因为你已经湿了”然后得意地笑来保持性框架。高阶！！！

While walking next to her make an obvious gesture of checking out her ass.

当在她旁边走的时候，做一个很明显地看她的屁股的姿势。